

One list, five meals

Michelle Darmody makes your mid-week dinner routine easier.

Couscous Salad with toasted pitta

Serves 4

100g of couscous
200mls of stock, hot
1 small red onion, finely diced
1 red pepper, deseeded and finely diced
1 small cucumber, deseeded and finely sliced
A bunch of mint leaves, finely chopped
Zest and juice of 1 lemon
A dash of olive oil
4 pitta breads
100ml yogurt
½ clove of garlic, completely crushed



Put the couscous in a bowl and pour the hot stock over it. Leave for about 10 minutes, until the couscous has absorbed the liquid. Fluff it up with a fork.

Stir in the diced vegetables and half of the cucumber, add the lemon juice, $\frac{3}{4}$ of the mint and the olive oil. Season to taste.

Toast your pitta breads and cut up into slices.

Stir the rest of cucumber through the yogurt with the mint that is left, stir in the crushed garlic and season.

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